



## Welcome to the Milford Moves Training Program



### WEEK 11!

**Please be sure to post your thoughts/results/achievements in the Facebook Milford Moves Training 5K program page!**

### Almost to the Finish Line!

We are two weeks out, and 3 training sessions away from your big race! We have learned a ton over the past few weeks and will do a full review next week of all we have learned! I've been asked by a few people, what should I wear on Race day, and other questions about Race Day.

Here are some tips:

-Try to avoid Cotton clothes. Cotton absorbs moisture, and can cause chaffing. You want to wear "athletic gear", something moisture-wicking and light, both for pants and for shirts.

-Don't wear TOO much and be sure to layer. Even if you're cold, be sure to wear light clothing – you will warm up fast! If you have to, layer with something light that you can wear around your waist or carry in your hand.

**-Women** – Wear a Supportive Sports Bra! Be sure to wear something supportive so you are not uncomfortable while running.

**-Men** – depending on the length of the run, you may want to wear bandaids or some other kind of stuck-on pad over your nipples. Why? The shirt can rub on your nipples and be very uncomfortable!

**-What if it rains?** The race is Rain or shine. Dress accordingly for that.

**-The Big One:** What if I have to go to the Bathroom?? There are restrooms along the route. Try to go before the run. Don't be afraid to drink liquids before you run either. You will need the hydration. *Beware of the "runners trots".*

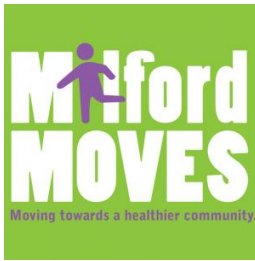


**DON'T FORGET TO WEIGH IN IF YOU**

**WANT TO KEEP TRACK WEEK TO WEEK!**

Please feel free to contact me ANYTIME I can be of assistance:

Devon Taylor, cell: 203-499-7168 email: [info@devontaylor.net](mailto:info@devontaylor.net)



## Week Eleven

### At home workout



\*\*If you are more advanced than a beginner,  
contact me separately for a more advanced at-home program\*

#### Sunday

**5 Minute walking warmup**  
**Then jog 2 miles straight**  
**Walk 5 min as needed**  
**Jog another 1.5 mile straight**  
**Total of 45-60 minutes**

#### Monday

**5 Minute walking warmup**  
**Then jog 2 miles straight**  
**Walk 5 min as needed**  
**Jog another 1.5 mile straight**  
**Total of 45-60 minutes**

#### Tuesday –

**OFF! Enjoy**

#### Wednesday

##### Tabata Workout

**20 seconds on / 10 seconds off**

- 1. Mt. Climbers**
- 2. Jumping Jacks**
- 3. Air Squats / Jump Squats**
- 4. Push ups**
- 5. Bicycle Crunches**
- 6. Supermans**
- 7. Thrusters**

**8. Star Jumps**

#### Thursday

**5 Minute walking warmup**  
**Then jog 2.5 miles straight**  
**In run pace time – so go faster**  
**than you on Monday and**  
**Tuesday**  
**Total of 35-40 minutes**

#### Friday

**5 minute walking warmup**  
**Run 2 miles straight**